

1. Please share with us your swimming experience:

My parents threw me into swim lessons at the age of 4 and I'm glad that they did! I not only learned a useful set life-saving of skills, but swimming also developed into a personal passion of mine. I swam competitively for the Aqua-bears (now MSA) at Missouri State University for most of my youth and continued to swim competitively during the summer months until high school. Swimming has been a source of confidence, a platform for socializing, and a fun way to let off steam over the years.

2. Did you ever swim competitively?

I swam competitively for eight years and then decided to focus on other sports. However, I have maintained swimming as an important part of my exercise and health routine ever since.

3. Have you taught swim lessons?

I began teaching private and group swim lessons three years ago and starting coaching swim teams two years ago. I plan to take some private clients if my schedule allows for it after I become better acquainted with the coaching staff and swimmers at our YMCA.

4. What do you most enjoy about coaching swim team?

Coaching swim teams is an extremely fulfilling practice. I enjoy seeing swimmers gain confidence, practice responsibility, perseverance, and discipline - all important behaviors for kids to learn! I believe everyone should learn to swim in order to create a safe aquatic experience for everybody, but coaching competitive swimmers is especially rewarding. Seeing my swimmers set and meet goals is an exhilarating experience. The team mentality of a swim team is extremely unique to our sport since much of swimming involves individual determination, but the help and support of fellow team mates and coaches is also integral and provides a truly one of a kind athletic experience. It is an environment that I have truly grown to love.

5. What do you look forward to most for the upcoming season?

I look forward to meeting all of the swimmers and learning about their individual skill sets and personal learning styles. Just like in school, all swimmers have different needs when it comes to learning new techniques. I am excited to work alongside the rest of our talented coaches in meeting these needs.

6. What is one goal you want to achieve with your team?

I firmly believe that athletes need to be taught to take care of their bodies from a young age. Part of my personal practice is maintaining healthy principals and habits and I have also developed this ideal in my coaching practice. My personal goal is for swimmers to learn and understand what habits can be harmful to the

body and how to avoid them. A healthy swimmer is a happy swimmer - physically and mentally!

7. What do you enjoy most about working at the Mid-County YMCA?

I was born in Springfield, Missouri, but spent the last year living in Paris. When I moved to Saint Louis, I was happy to find that the Brentwood area has such a dedication to preserving a family-centered and community atmosphere. I spent the last few years coaching at a YMCA in my hometown and I know that working at the mid-county Y will provide me with amazing co-workers to work with and gym patrons to serve.

8. Please share any college experience, majors, extracurriculars:

I have my bachelor of arts in French from Truman State University. I am currently a curatorial intern at the Saint Louis Art Museum and hope to pursue art history later in my academic career.

9. Please share three fun facts about you:

1. I taught English to under-privileged high school students in Paris during the last academic year and can speak fluent French
2. I have been practicing yoga since high school and am a self-declared yogi
3. Soccer is another passion of mine (a sport for which I have also coached) and I still play several times a week